

## NASA HEALTH PROMOTION AND WELLNESS TEAM

**Minutes for:** January 17, 2001

**Attendance:** "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	PC	<input checked="" type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input type="checkbox"/>		

### Open Items:

- Accent Health – The deadline for contracts for the Accent Health Program has ended. MSFC and KSC have the program in place. No other Centers met the deadline for contracting. The Principal Center will follow-up with Accent Health in the Fall of 2001 to see if the program can be offered to the NASA Centers again. (Closed 01/17/01)
- Graphics – Each Center was to check for health and wellness posters designed in the past to see if their graphics department would send the posters in a "jpeg" file to the NASA OHP PC. The files would be added to the NASA OHP Web site so that other Centers could use them. To date, several Centers have submitted posters. Centers will provide an update on their status. (Open 6/20/00)

### Healthy People 2010:

- Alan Gettleman reviewed NASA's commitment to federal initiatives including the Healthy People 2010 agenda. President Clinton recently released a memorandum on "Preventative Health Services at the Federal Workplace" asking agencies to increase preventative health programs and allow flexibility in work schedules and leave to encourage Federal employees to take advantage of programs offered in the workplace.
- The Principal Center will be purchasing Healthy People 2010 on CD-ROM for each Center. Healthy People 2010 is currently available on two Web sites. They are:  
<http://web.health.gov/healthypeople/>  
<http://web.health.gov/healthypeople/Document/tableofcontents.htm>
- Two of the Healthy People 2010 objectives currently being met by NASA Centers are to increase in the number of worksites offering comprehensive employer-sponsored health promotion program and to increase in proportion of worksites offering nutrition or weight management classes or counseling.

**2001 NASA Health Promotion and Wellness Committee Expectations:**

- For 2001, Centers can expect continued support in terms of committee leadership, materials and resources from the Principal Center.
- The ViTS will continue on a quarterly basis this year focusing on the upcoming quarterly promotion.
- Expectations continue for quarterly health promotion campaigns across the Agency that are linked with Healthy People 2010 goals.
- The Principal Center would like to see an increase in Center participation using the ViTS as a forum to share ideas, programs, events and resources.

**2001 ViTS Schedule:**

- January 17
- April 18
- July 18
- October 17

**Center Updates:**

- Centers provided an update on the status of their flu vaccine program and December promotions supporting the 3-D Program:
  - ARC: A total of 1,495 flu vaccines have been given, 747 of those to civil servants. There was a flu prevention class provided and an event held on World Aids Day.
  - JSC: A total of 3,700 flu vaccines have been given, 1300 of those to civil servants or 40% of the civil servant population. In December, EAP gave a class on Holiday Stress.
  - GRC: Due to the shortage of vaccine the population at risk was given the vaccine initially those over 60, and those over 50 with chronic illness.
  - LRC: Still waiting for the vaccine to arrive and it has been promised to arrive on January 18th.
  - HQ: The vaccine is in and being administered, no numbers were available. During the month of December there were classes offered to support the 3-D Program.
  - MSFC: A total of 2,700 flu vaccines have been given.
  - SSC: The vaccine was received on January 12<sup>th</sup> and to date 254 vaccines have been administered.
  - WSTF: The vaccine was given to 150 individuals in October as part of Safety Day. Subsequent to that, 50 more vaccines were given to individuals at remote sites. The physician on site gave a presentation on colds and flu.

**Nutrition Technical Bulletin:**

- A review of the technical bulletin “Promoting Nutrition at NASA Centers” was conducted. The bulletin was developed based on a review of existing literature on worksite nutrition programs. The bulletin offers guidance to the Centers on health promotion activities, enhancing the contract with the Center food service vendors to ensure that healthy choices are available for employees and identifying existing Web resources to support the program.

**National Nutrition Month:**

- “National Nutrition Month” (March) is the health promotion campaign for the first quarter of 2001. National Nutrition Month is an annual campaign sponsored by the American Dietetic Association (ADA).
- The American Heart Association (AHA) provided 15,000 complimentary copies of the pamphlet “An Eating Plan for Healthy Americans”. They were received by the Principal Center and shipped to the Chief Nurses at each Center.
- The United States Department of Agriculture’s (USDA) food pyramid poster will be printed and sent to each Center. The poster can be permanently displayed in cafeterias, vending areas or snack bars. The ADA’s National Nutrition Month Campaign 2001, Food & Fitness: Build a Healthy Lifestyle will be used as a poster to support the quarterly campaign.
- The data collection for National Nutrition Month will include the following two recommendations from the teleconference:
  1. Number and type of health promotion activities and number of participants at each.
  2. Number of Centers offering one low fat hot entrée daily including advertising, labeling and sales data (if available).

**National Safety Month:**

- The previously designated second quarter campaign for 2001 is National Safety Month, 101 Critical Days of Summer. In preparation for the campaign’s focus, the National Safety Council injury statistics for 1998 were reviewed. The top five fatal unintentional injuries for 1998 (most recent data) are 1) motor vehicle accidents, 2) falls, 3) poisoning, 4) drowning, and 5) fires and burns. These types of accidents account for 80% of the deaths and are the identical top 5 since 1970.
- Seat belt usage at the Centers will remain the metric for the campaign.
- A summary of the types of activities, dates and participants associated with the campaign will also be requested.
- At the next ViTS each Center will share ideas, programs and resources to support this campaign.

**Action Items:**

- Submit the following data elements no later than 3/7/01:
  - Number of flu vaccines given, broken down by NASA and contractors.
  - Brief summary of December promotion activities, i.e., type of activity, presenter, number of participants and dates.
- Prepare for next ViTS on April 18<sup>th</sup>:
  - Promotional ideas, activities, resources.
  - How and who to involve, i.e., safety, security.
- Provide an update on the status of posters in jpeg format.

**Next Meeting:**

- April 18, 2001 @ 4:00 to 5:00 PM EST